



Tortellini Pepperoncini Salad

READY IN



45 min.

SERVINGS



7

CALORIES



252 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce navy beans canned
- ☐ 0.3 cup capers
- ☐ 9 ounce cheese tortellini fresh
- ☐ 2 cups cherry tomatoes halved
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 ounces preshredded parmesan cheese fresh
- ☐ 0.5 cup pepperoncini peppers chopped

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2 cups spinach leaves fresh coarsely chopped

Equipment

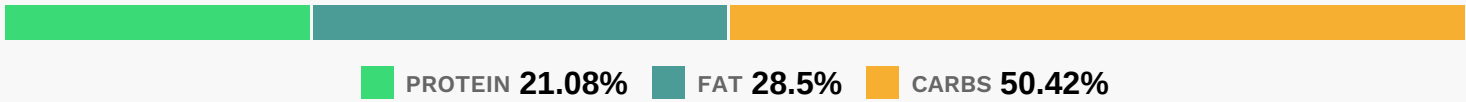
☐

bowl

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, combine tomatoes, spinach, peppers, cheese, capers, basil, and beans in a large bowl.
- ☐ Drain pasta; rinse with cold water.
- ☐ Add pasta, juice, and oil to tomato mixture; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:7.32, Inflammation Score:-8, Nutrition Score:12.745652186482%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 8.76mg, Kaempferol: 8.76mg, Kaempferol: 8.76mg, Kaempferol: 8.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg

Nutrients (% of daily need)

Calories: 251.52kcal (12.58%), Fat: 8.14g (12.52%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 32.38g (10.79%), Net Carbohydrates: 26.68g (9.7%), Sugar: 2.66g (2.95%), Cholesterol: 17.98mg (5.99%), Sodium: 731.61mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Vitamin K: 52.32µg (49.83%), Vitamin C: 21.97mg (26.64%), Vitamin A: 1143.57IU (22.87%), Fiber: 5.7g (22.82%), Manganese: 0.39mg (19.49%), Calcium: 172.67mg (17.27%), Folate: 68.21µg (17.05%), Iron: 2.89mg (16.07%), Phosphorus: 149.39mg (14.94%), Magnesium: 48.11mg (12.03%), Copper: 0.22mg (10.77%), Potassium: 364.99mg (10.43%), Vitamin E: 1.49mg (9.95%), Vitamin B1: 0.13mg (8.36%), Vitamin B6: 0.16mg (7.95%), Selenium: 5.53µg (7.9%), Vitamin B2: 0.1mg (5.66%), Zinc: 0.82mg (5.48%), Vitamin B3: 0.78mg (3.91%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.07µg (1.21%)